

1997 PROFESSIONAL SEMINAR OVERVIEW

The “*Embracing Resonance*” theme made Edgar D. Mitchell, ScD, Apollo 14 astronaut and founder of the Institute of Noetic Sciences, an especially appropriate keynote speaker for the 1997 Professional Seminar. Dr. Mitchell spoke eloquently of experiencing the resonant nature of the universe while returning from his historic moon flight. That experience inspired the development of a cosmology embracing both science and mysticism and detailed in his book, *The Way of the Explorer*. His personal knowledge allowed Dr. Mitchell to make challenging concepts, such as nonlocality, simultaneous time, and the wave/particle nature of manifest reality, understandable to a diverse audience. Consciousness was shown to function co-creatively in the evolution of the cosmos. Dr. Mitchell noted that consciousness disciplines such as Hemi-Sync allow us to interact with the information/energy fields underlying observable reality and to have influence at the most fundamental levels. Within this context, a variety of presentations developed specific applications.

- Vincent C. Giampapa, MD, discussed the encouraging results of a one-subject study assessing Hemi-Sync’s effect on key biomarkers of aging.
- Roger-Michel Poirier, MD, covered plans for the research design of a double-blind study using binaural beat technology to ameliorate anxiety.
- David Atkinson spoke of using Hemi-Sync as an ally in challenging the often hopeless prognosis of amyotrophic lateral sclerosis (Lou Gehrig’s disease).
- Joan D. Lundgren, PhD, defined the spiritual dimension of midlife transition and Hemi-Sync’s place in her Rim Model® of psychotherapy.
- James D. Lane, PhD, presented the final results of a double-blind study using binaural beat stimulation to increase vigilance. [See announcement in this issue.]
- Robert C. Holbrook, Jr., PhD candidate, shared his personal use of Hemi-Sync to support healing after a near-fatal accident. Parallels between this technology and indigenous peoples’ uses of sound were developed.
- To *METAMUSIC* accompaniment, Gari Carter led a series of simple but dramatic exercises for “seeing” one’s own and others’ energy fields.
- Justine E. Owens, PhD, discussed preliminary findings of double-blind research using binaural beat stimulation to manage the perception of pain.
- Jonathan H. Holt, MD, described similarities between Hemi-Sync Focus levels and consciousness states achieved through neurofeedback and hypnosis.

Open Forum sessions explored other areas ripe for Hemi-Sync influence: Wilson’s syndrome, a newly identified disease process triggered by environmental stressors; a wet cell device

using extremely low electrical current to induce physiological homeostasis; the spectrum of birthing and deathing and using music and sound to change perceptions of self and situations. The tape-day intensive, orchestrated by TMI Trainer and OUTREACH Coordinator Bob McCulloch, continued the resonance motif.

The Seminar concluded with a reception and a ground-breaking ceremony at Roberts Mountain Retreat, the former home of Robert and Nancy Penn Monroe. Afterward, the group gathered around a blazing bonfire under a star-spangled sky and—with drums, digeridoo, and dulcimer—sent harmonious vibrations winging out to the far reaches of our interconnected universe.

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